

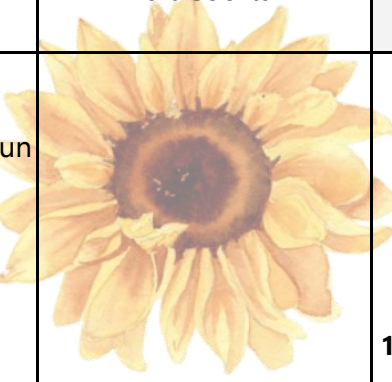




November 2021



Montclair Senior Center Drive Thru Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	2 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla	3 CHICKEN SOFT TACO w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla	4 BAKED ZITI Cooked Zucchini Green Salad Fresh Orange Wedges WW Bread	5 BAKED FISH w/ Tartar Sauce Potato Wedges Cooked Carrots Coleslaw Bread Pudding WW Bread Orange Juice
8 High Sodium Meal ROAST PORK w/Bread Stuffing Mashed Potatoes Buttered Corn Apple Orange Juice	9 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookie WW Bread	10 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	11 Celebrating Veterans! BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Seasonal Melon WW Bread	12 <i>Closed</i> 
15 STUFFED PEPPER Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread	16 HERB BAKED CHICKEN Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread	17 MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice	18 TUNA SALAD Pasta Salad Three Bean Salad Cantaloupe WW Bread	19 LASAGNA w/ WW PASTA Cooked Zucchini Romaine Salad Mixed Fruit Garlic Bread
22 BBQ CHICKEN Baked Potato Mixed Vegetables Coleslaw Cantaloupe WW Bread	23 High Sodium Meal HAM & SPINACH QUICHE Three Bean Salad Carrot Raisin Salad Orange Slices WW Bread	24 Senior Birthdays! ROAST TURKEY Stuffing Mashed Potatoes Zucchini Carrot Raisin Salad Fruit Cocktail	25 	26 <i>We will be closed for the holiday on November 25 and 26</i>
29 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices	30 SLOPPY JOE w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Cantaloupe		SITE MANAGER: KEITH ALBER (909) 625-9488 5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483 MONDAY- FRIDAY: 11:30 a.m. - 12:30 p.m.	SUGGESTED DONATION FOR ADULTS AGES 60+: \$3.00 GUESTS AGES 59 AND UNDER: \$6.00 MENU IS SUBJECT TO CHANGE . "WW" -Whole Wheat

City of Montclair Food Distribution

The next walk-up food distribution event is on **Thursday, November 18, 2021** in the Montclair Community Center from 8:30 a.m. to 9:30 a.m. or until supplies last.

- All participants are responsible for picking-up their food in the Community Center and taking it to their car. (Participants may bring a cart or wagon to help carry the commodities to their vehicle).
- Food will be distributed on a first come, first serve basis or while supplies last.
- Please park in the Montclair Civic Center parking lots.
- Due to COVID-19 and for your safety, we require all participants to wear a face mask while in City buildings.

Check the City of Montclair Facebook page for any location and time updates.

<https://facebook.com/CityofMontclair>

We strive to provide high quality food and consistently follow our monthly menu; however, due to the COVID-19 pandemic, our supply of certain items on the daily menu may be low. We do our best to serve the items on our menu as advertised; however, we appreciate your understanding that the menu is subject to change daily. In addition, although we do our best to forecast how many meals will be needed daily, the demand for meals greatly varies and we may run out of the advertised menu; however, we will always have an option for lunch to provide any senior that participates in the daily nutrition program.

Thank you for your understanding. Please call Mayra Cano at (909) 625-9456 with any questions or concerns.

Montclair Senior Nutrition Meal Program Contributions

Thank you for participating in the City of Montclair's Senior Nutrition Meal program. We are privileged to serve our community during these difficult and uncertain times, but we need your help now more than ever! This program is primarily grant-funded, but still relies on the generous support of our community to continue serving healthy, daily meals to Montclair senior citizens.

The senior nutrition suggested donation is \$3.00; however, not everyone can afford to contribute, and your donation is not a requirement for you to receive a meal if you are eligible for the program. Any extra small contribution will help to maintain the meal program we are providing.

The Montclair Senior Nutrition Meal Program is asking that you please contribute what you can to help support and continue this program. Your contribution will be used to make a positive impact in the lives of Montclair senior citizens in our community. To donate to Senior Nutrition please make checks payable to the City of Montclair. If you would like your donation to the Senior Center programs, please make checks payable to the Montclair Community Foundation. Please call our Senior Center at 909-625-9483 if you have any questions.

INTERESTED IN HELPING YOUR COMMUNITY?

We are looking for fully vaccinated volunteers to help with the food distribution events and senior lunch. **We cannot run our in-person programming without your help!** If you are interested, please contact Mayra Cano at (909) 625-9456.